

DMH Connections

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Employee Newsletter
Office of Communications & Consumer Affairs

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New Veterans Commission to Address Hidden Wounds of War

The Nation will celebrate Veteran's Day on Nov. 11, honoring America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good. This year we are mindful of the increasing toll that war and combat can have on the mental health of veterans and their families.



Recently studies have shown a significant increase in suicide rates and mental health issues among veterans, in particular those who have recently returned from military service in Operation Iraqi Freedom and Operation Enduring Freedom. To address the mental health issues veterans face, Governor Patrick established the Special Commission to Study and Investigate the Hidden Wounds of War on Massachusetts Service Members.

The Commission is comprised of legislators and representatives from DMH, Department of Veterans Affairs, Massachusetts National Guard, National Alliance on Mental Illness, Massachusetts Chief of Police Association, District Attorney Association and Veterans Service Officers Association. During the past several months, the Commission held open discussions around current practices and services available to veterans; the difficulty in reaching all service members needing assistance; the relationship between the state and local veteran service officers; and ancillary problems linked to mental health issues.

Susan Skea, M.D., DMH Southeastern Area Medical Director and veteran, is the DMH representative to the Commission. The Commission will make its findings and recommendations to the General Court soon.

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Please contribute to the next edition of DMH Connections

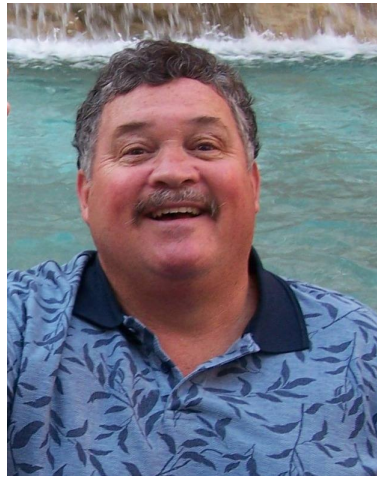
Deadlines for upcoming
issues:

November 17th for
the December 1st newsletter

December 22nd for
the January 5th newsletter

Please send all materials to
Sarah Spaeth at
[sarah.r.spaeth@massmail.state
.ma.us](mailto:sarah.r.spaeth@massmail.state.ma.us)

State Employees Responding as Volunteers Program, known as SERV, is great way to volunteer your time and talents in the community for a charity or cause. The SERV program allows eligible state employees who have at least six months of state service to choose a charity or cause of their choice, and with supervisor approval, volunteer during the regular work week, scheduling up to one day per month at an approved Massachusetts non-profit organization (7.5 or 8 hours/month; pro-rated for part-time employees.) Eligible volunteer choices include education, youth mentoring, public and charter schools, health and human services, public safety and environment. Visit the SERV website at the end of this article for a complete list of approved charities, schools and institutions.



From July 1, 2007 to October 25, 2008, a total of 1,758 state employees participated in SERV, giving back to their communities more than 28,155 hours. This month Hugh Mitchell (*pictured left*), a Human Services Coordinator from the DMH Beverly site, shares his experience volunteering through SERV.

Hugh has been volunteering for the Rowley Council on Aging for nearly a year. As a volunteer, Hugh assists on a variety of the Council's projects.

One of the more popular events is Bingo where Hugh sometimes serves as the caller and other times helps players with their cards. Hugh also serves breakfast and the annual holiday meal.

Hugh's favorite volunteer job for the Rowley Council on Aging is outreach to the homebound. During his home visits, Hugh spends time talking with residents of the elderly housing units. One of Hugh's favorite residents to visit is 96-year-old Mildred who loves to play cribbage. Hugh says she is sharp as ever.

Hugh was very excited when Massachusetts expanded its volunteer program to include organizations that assist the elderly. Hugh is passionate about helping elderly citizens because he feels they need the special attention he enjoys sharing with them. Hugh said he will continue volunteering with the Rowley Council on Aging after he retires from DMH.

For more information about the Rowley Council on Aging please visit their [website](#). To learn more about SERV [click here](#).

And we want to hear about your volunteering experience. Please e-mail your SERV volunteer stories to sarah.r.spaeth@dmh.state.ma.us

Metro Boston Thanksgiving Dinner for Clients an Annual Tradition

Friends of Metro Boston, Senator Jack Hart (D-Boston) (*pictured right*) Senator Jack Hart and Steve Cidlevich, DMH Director of

Jon Delman Receives National Recognition as a Catalyst for Change

Congratulations to our friend and colleague Jon Delman who was recently presented with the 2008 Community Health Leaders award by the Robert Wood Johnson Foundation. Jon, a longtime Massachusetts mental health activist who lives with bipolar disorder, was one of 10 exemplary Americans who received this prestigious acknowledgment of his work. The award honors extraordinary men and women from all over the country who conquer huge obstacles and take commanding action in local communities to tackle some of the most challenging health and health care problems facing the nation. Jon was selected from among 800 nominees nationally and will receive \$125,000 to continue his work. He accepted the award at a special ceremony during the Community Health Leaders Annual Meeting in San Diego on Oct. 29.

"We are very proud of Jonathan," said Commissioner Barbara Leadholm. "He has overcome great challenges to give consumers a strong voice and make significant contributions to the transformation of the public mental health system in Massachusetts and attained a great personal achievement that speaks strongly to the power of recovery."

Jon founded Consumer Quality Initiatives in 1999 as an outgrowth of the Massachusetts mental health consumer movement. Under his leadership, the organization creates opportunities to meaningfully involve people with mental illness in all aspects of mental health

Constituent Affairs) and the Boston Fire Department on Nov. 26 will host the fourth annual Thanksgiving Feast at Florian Hall from 11 a.m. to 2 p.m. in Dorchester for Department of Mental Health clients. Last year, a full Thanksgiving feast was served to more than 450 DMH clients by 150 volunteers. Members of the Boston Firefighters Local 718 have cooking duties while Sen. Hart traditionally leads an army of servers that includes his legislative colleagues, DMH staff and provider agencies, the Friends of Metro Boston and our friends in the mental health community.



The feast - turkey, all the trimmings and dessert - is donated and prepared by the Boston firefighters. It is a much anticipated event that heralds the holiday season for DMH consumers, staff and friends.

Florian Hall is located at 55 Hallet St. in Dorchester.

Interested in volunteering? Contact Mary Sine at 617-626-8978.

Pet Therapy: More Than a Best Friend

It was 18 years ago when a small black dog named Sparky visited the Rainbow rehabilitation program at Westborough State Hospital. Soon after Sparky became a regular twice-a-week visitor, Charlotte Boutillette, a WSH licensed occupational therapist, began to notice a change in patients. They became uncharacteristically animated, frequently asking "Is it Sparky day?" And she noticed that attendance on "Sparky days" were higher than normal. This piqued Charlotte's curiosity about pet therapy and led her to apply to be a tester/observer, certifying dogs for pet therapy.

belle

Since that time, Westborough State Hospital therapy dogs have played an integral role in patients' rehabilitation and recovery. The assistance intervention engages the patients in therapeutic activities ranging from ambulation to discussions about neglect, adoption, diet, exercise and oral hygiene. In one session, patients actually brush the dog's teeth. Visiting therapy dogs offer patients the opportunity to socialize that includes brushing the dog, feeding it snacks and playing with its toys.

research, systems planning and program evaluation. The organization has been innovative in establishing ways for academia and the consumer community to work together to develop research projects that are relevant to consumers and have impact on policy and practice.

Jon and CQI serve as constant reminders to the state's mental health providers and policymakers of the need for consumer-driven mental health services for Massachusetts residents. He leads the organization as it works with other advocacy groups to create an environment in which individuals receiving services are viewed as valuable resources who can actively participate in researching, developing and evaluating the mental health system that serves them. CQI has helped transform the system through the use of consumer evaluations and data that shape services and policies. Its guiding philosophy, that research, evaluation and planning should be driven by the expressed needs of consumers, has resonated across the state. His work also challenges the stigma that people with mental illness cannot engage in a recovery process, handle responsibility and be productive members of society.

"I am honored and humbled to receive this important award," said Jon. "It was only 10 years ago that I was receiving Social Security Disability and Medicaid benefits. This recognition is certainly a credit to the many colleagues and family members who have supported me throughout this amazing journey."

The benefits of using therapy dogs are very noticeable, according to Boutillette. Patients smile and laugh more than usual. And the dogs seem to increase sensory-motor stimulation, social skills and physical activity levels.

About eight therapy dogs visit Westborough State Hospital every week. Boutillette tests almost every dog. The program will accept both big and small dogs, but Boutillette looks for dogs that are well socialized, enjoy interaction, tolerate noises, accept contact with other animals and like to travel. Westborough currently uses dogs for therapy but Boutillette said the program may expand to cats in the future too.

DMH's Newest Unsung Hero



Chris Baroni, North East Area Office Manager, accepted the NAMI 2008 Unsung Hero Award at the Annual NAMI Conference on October 18th 2008 at the Sheraton Ferncroft in Danvers. She was recognized for her 25 years of dedicated service at the Department of Mental Health, and her energetic and unwavering effort for the annual NAMI walk and for her support and service to NAMI families and consumers. *(pictured above from left to right: Susan Wing, North East Area Director; Elaine Hill, Deputy Commissioner; Chris Baroni and her husband Bob Baroni)*

"The Cave" Comes to Lindemann CMHC

This cave has a history. It started as an idea. It was assembled by young hands working with chicken wire and paint. It played a major role on stage at a Boston theatrical production. And now, it's a fixture at the Erich Lindemann Community Mental Health Center.



Express Yourself artists and youth from DMH residential treatment facilities and wraparound programs collaborated to create a life-size cave *(pictured above with Commissioner*

Taunton State Hospital on Board with Energy Sustainability

By Mary P. Farrell
EOHHS Office of Leasing
and State Owned Properties

Taunton State Hospital (TSH) has taken a multi-pronged



approach towards energy sustainability. In 2006, as part of a pilot program, the facility began using a 5 percent bio-fuel blend in the power plant. Since that time, TSH has gone beyond the pilot to use #2 heating oil mixed with a 20 percent bio-fuel blend

Jim Condon of the TSH engineering department says he is very satisfied with this change. The cost difference is negligible but since the fuel burns more efficiently, the price difference is offset. Jim believes the regular maintenance program for all power plant equipment increases the efficiency and he notices how much cleaner the hoses and other parts are since the use of bio-fuels. Jim is able to make comparison because they are redundant in all of their equipment alternating use of three boilers. On the weekends natural gas is used and on one occasion when the bio-fuel wasn't available, TSH engineers had a load of traditional #2 heating oil delivered.

The smokestacks are monitored as they run on the various fuels and plant engineers observe noticeably less moisture coming out of the smokestack when the bio-fuel is in use, indicating a clean burn. An ultra-low sulfite

Barbara Leadholm) that was part of the set design at this year's Express Yourself performance of "Let's Glow" at the Citi Wang Theater in Boston.



The cave was conceived by DMH youth and designed for the set by artist and sculptor Shawn Paul Filtranti and assisted by mentor Michael Carroll. More than fifty youth created the cave paintings with orange backgrounds and white cave markings (*pictured left*).

The cave paintings were then formed over a chicken wire and wood base that was especially created to be transportable and be a working part of "Let's Glow."

The cave was transported outside, accompanied by the drumbeats of the Express Yourself drumming group while the young artists dipped their hands in white paint and marked the cave entrance. The handprints on the cave entrance were their final personal touch. The cave was prominently displayed on stage and used as a prop for more than 100 young performers to find their way on the center stage at the Citi Wang theater as they sang and danced.

Last month, the cave was transported to DMH Central Office at Lindemann CMHC where staff and visitors can view and appreciate the fabulous artwork (*pictured right Janice Lebel, Director of Program Management for Child and Adolescent Services, and Paula Conrad of Express Yourself*). The very realistic-looking cave can be found on the mezzanine level by the campus police staircase. The next time you find yourself at 25 Staniford St., don't forget to stop by and take a look at the cave and other artwork by youth of Express Yourself!



Vinfen Hosts DMH Wellness Fair at Training Center

Three dozen organizations, agencies and advocacy groups gathered at the Vinfen Training Center in Somerville on Oct. 29 for the ninth annual Department of Mental Health (DMH) Cambridge/Somerville Wellness Fair.

This daylong event included healthy cooking, eye exams,



diesel is now being used to further lessen the impact on air quality.

According to Brian Thayer of the TSH engineers department, the hospital has taken energy sustainability several steps further with a number of measures now in place. Exit signs and the lights on the water tower have been retrofitted with energy-saving LED lights. Taunton State Hospital is also participating in the Demand Response program with the Taunton Municipal Lighting Company (TMLP). When the TMLP is experiencing an extremely heavy load demand, such as on a hot day in August when air conditioning use is at a peak, the local power company will contact various entities in Taunton, requesting that they go offline and run generators instead. While TSH does the changeover manually, other businesses in the community have allowed TMLP to install software to automatically handle the changeover to generators.

The TSH garage doors, cargo areas and loading docks have been fitted with plastic curtains to help keep the temperature inside stable. The curtains prevent heat loss and block cold air from entering the building. It's a small step with big rewards.

A number of other small but effective energy-saving measures have been put in place at TSH. Insulation has been installed on all the heating lines. One hospital unit has been outfitted with an auto-flush mechanism on the toilets and auto turn on/off on the sinks, along with auto sensors on the bathroom lights. The result is a significant reduction to water and sewer costs. Always looking for ways to save energy, Jim and Brian

health testing, flu shots and information about human service programs.

Music was provided by Tunefoolery Ensemble Groups, a Cambridge-based organization that organizes and books musicians with mental illness.

Taking in the Wellness Fair were (pictured left to right) Cliff Robinson of DMH, Vinfen's Gary Lamson, DMH Commissioner Barbara Leadholm and Bruce Bird of Vinfen.

DMH Areas Launch "Healthy Changes" Initiatives

We know that physical health and well being is important to mental health, and for DMH consumers, healthy habits are especially important. A new DMH initiative called Healthy Changes, recently launched in the DMH Areas, will turn our attention to eating well, exercising and preventing nicotine addiction through evidence based and best practices, peer leadership, education and motivational interventions.



As a first step in addressing nicotine addiction, all DMH inpatients now receive a nicotine assessment when admitted to DMH facilities. By identifying smokers and their interest in quitting, we have the opportunity to offer advice to quit based on an individual's health risks and prompt treatment planning for nicotine addiction.

Many Areas and facilities are creatively addressing the overall health needs of consumers and staff. Westborough State Hospital offers a group lunch from a local restaurant as an incentive to patients who quit smoking for one full week. Westborough staff also recognize that hospital employees are also more likely to smoke than the general population, so individual and group support is offered to any staff interested in quitting.

DMH staff in the field are also getting creative and getting folks moving. Staff at the Worcester Site Office recognize that physical fitness should be a fun and social activity. They've put together a softball team that participates in the city softball league. And Genesis Club in Worcester sponsors a member team that runs in several road races, including the Falmouth Road Race. ServiceNet, a DMH provider agency in western Massachusetts, has created Fit Together in Hadley. Fit Together is a unique, full-service fitness facility especially for people with mental and emotional challenges. It provides a comfortable atmosphere for those who may otherwise be intimidated by commercial health clubs.

For those who don't like health clubs or sweating there is good news. Walking is an excellent way to get heart healthy-and it's free! Taunton State Hospital has created scenic marked walking and bike paths throughout the campus. Walkers and bikers can follow the paths and from the signage clock their mileage.

advocate the importance of metering. Installing meters a few months prior to making any changes allows the tracking of effectiveness. Meters are in place at the water treatment equipment and the boilers. It is a valuable energy and resource saving measure-if the equipment malfunctions, a daily check of the meters immediately shows the issue. Recently a problem was caught and quick action averted the potential loss of 100,000 gallons of water and saved approximately \$7,000.

Additional energy-saving measures at TSH include the use of golf carts to travel across the campus. The golf carts were donated to the TSH when the Big Dig was completed. Patient trips to doctors and other appointments are consolidated to save gas. Recycling takes place through out the campus. Window air conditioning units have been changed to Energy Star models, significantly lowering the amperage while providing the same level of cooling.

Jim envisions a day when the hospital's roofs are covered with solar panels, the attics are full of batteries to store the energy and variable frequency demand is the standard so that room temperatures can be fine tuned.

Make Your Nominations for the 2009 Voice Awards

In an effort to expand the public's understanding of mental health issues, the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) several years ago created the Voice Awards to honor entertainment industry

Lisa Kennedy, RN, a nurse clinician at Massachusetts Mental Health Center, encourages her clients to set realistic health goals and to make small lifestyle changes to achieve them. This includes finding opportunities to walk and move more often. "When I meet with a client every Tuesday," Kennedy says, "we will go for a walk and talk. I encourage my clients to walk. For example, to walk from the Forest Hills T station to Mass Mental Health Center to see me or walk to the library, and no walking to Dunkin' Donuts! I encourage them to consider physical activity by looking at a sports magazine."

For weight management, Patrice Leveque, R.D., a dietitian at Taunton State Hospital, says that a great way to balance your diet is to balance your plate. "Half of it should be filled with colorful fruits or vegetables," she says. "Salad counts as a vegetable. One quarter is protein, such as lean meat or fish, and one quarter is a starch such as pasta, bread or grains like rice. This is also a great way to introduce portion control which is crucial to weight management."

More Healthy Changes are on the way. A Healthy Changes Task Force comprised of clinicians, administrators and consumers has been developing assessment tools, outcome measures, treatment planning guides and a health and wellness education curriculum. Each Area is currently making a plan to address these three critical arenas of health and wellness in their areas: smoking, physical activity, and weight management. Together we can all **C**hoose **H**ealthy **A**ctivities and **N**utrition, **G**et **E**xercise and **S**top smoking. Healthy CHANGES-it's a good thing!

If you are applying a novel fitness approach for the DMH community, tell us about it and we will highlight your Healthy Changes activity in an upcoming DMH Connections. Send it to sarah.r.paeth@dmh.state.ma.us.

To read more about the DMH Healthy Changes Initiative, [click here](#).

Taunton State Hospital Employees Participate in Breast Cancer Walk

Taunton State Hospital Staff participated in the annual Making Strides Against Breast Cancer walk on Sunday, October 19 in memory of Dr. Marie King, Director of Psychology and other staff who have lost their lives to this disease.

Twenty-five staff members from different departments at TSH and their families walked four miles at Roger Williams Park in Providence as team "Road to



professionals, state mental health departments and mental health advocates who have given a voice to people who have mental illnesses. Nominations are now open for the 2009 Voice Awards which will be presented at a gala ceremony in Los Angeles on October 14, 2009.

At the first annual Voice Awards in 2005, the Department of Mental Health and DMH's Statewide Youth Coordinator, Jessel Paul Smith, were presented with one of the awards. Massachusetts was recognized for its role as one of the eight states selected to pilot the Elimination of Barriers Initiative (EBI), a SAMHSA anti-stigma campaign project which effectively raised awareness of mental illness and eliminated the stigma that keeps people from seeking treatment. Jessel was recognized for his courageous and dedicated leadership that has ensured a strong youth voice on the DMH Youth Advisory Council and helping to create a better mental health system for young adults in Massachusetts.

Nominations for the 2009 Voice Awards are being accepted in two categories. The first category honors mental health consumers who have led efforts to promote social inclusion, demonstrated that recovery is real and possible and made a positive impact in their workplaces, communities, and schools. The second category recognizes a film or TV show that was released after October 1, 2007, and depicts people with mental health problems in a dignified, respectful and accurate way.

Nominations are open to all. There is no limit to the number of nominations an individual can submit. Entertainment industry nominations will remain open until March 15,

Recovery and Cure." Members of Marie's immediate family also joined in the walk.



Raposo, Evelyn Wilber, Jane Musgrave, and Sandy Epstein, whose efforts made this activity such a success.

This event was supported by the entire hospital staff and money raised exceeded the goal the event committee set for themselves. The team raised more than \$2,300 to support research and care for individuals who have succumbed to this disease. Special kudos go to committee members Amy

Taunton State Hospital Greenhouse Program Gets a Lift from Community Volunteers

It was a great day of volunteerism at Taunton State Hospital recently when two separate volunteer groups pitched in to improve the hospital's greenhouse program.

Volunteers from the financial division of Sonesta Technologies (*pictured right*) lent a hand, expanding the already productive gardens. Fifteen Sonesta employees arrived early in the morning from their Attleboro headquarters to prepare for planting next spring by roto-tilling the ground, clearing rocks and debris and spreading several inches of topsoil. A fence was also installed by the volunteers around the garden to maximize productivity. The garden improvement project will allow the patients to plant crops next spring and summer for a better harvest.



Patty Campanile, team leader for this project, said that her experience allowed the finance group to cultivate team building and get to know each other better. "The hospital grounds are beautiful and we all enjoyed being outside for the day," she said. "Learning about the facility, mental illness and the importance of the patient greenhouse to a client's treatment was an eye opener."



Later that same day, Wheaton College freshmen (*pictured left*) arrived at the greenhouse. The 15 students received a brief hospital orientation before they got to work. The students removed garden waste from this season's crops and turned over the soil for next year. Members

2009. Mental health consumer nominations will remain open until May 15, 2009. Please [click here](#) to make your nomination.

To see the 2008 Voice Award winners, [click here](#).

Multicultural Corner: BCBS Grant Funds Mental Health/Substance Abuse Disparities Project



The Central Massachusetts Area Health Education Center (CMAHEC) was recently awarded a grant from the Blue Cross Blue Shield Foundation of Massachusetts to develop the "Framingham Mental Health and Substance Abuse Disparities Project," focusing on Latino and Brazilian populations. Partnering with the MetroWest Mental Health and Substance Abuse Task Force, the project will be a collaborative among community agencies including Wayside Youth and Family Support Network, South Middlesex Opportunity Council (SMOC), Health Awareness Services, Advocates, Inc. and the Framingham Coalition for the Prevention of Alcohol and Drug Abuse. The one-year planning grant of \$70,000 will include:

- a comprehensive needs assessment of mental health and substance abuses issues
- a "community map" of lay and professional, traditional and non-traditional supports and services

of the TSH greenhouse staff were very appreciative of their contribution.

Roberta Guez, TSH Chief Operating Officer, warmly welcomed each group and thanked them for their efforts. "Bridging the hospital community with our community neighbors enriches both. These special volunteer activities do more than just tackle projects that our own crew can't always get to," said Guez. "It brings members of the community to our door in a way that helps diminish harmful stereotypes and offers a more positive perspective about hope and recovery for consumers. Their work is great and their willingness to connect with the state hospital even better."

The patient greenhouse is a 19-year-old program that is supported by the hospital rehabilitation program and the Friends of Taunton State Hospital.

Run for Ricky Marks a Decade

More than 150 runners and walkers from throughout eastern Massachusetts gathered together to participate in the 10th Annual Run for Ricky Road Race and family walk on Oct. 11. For a decade, the Taunton State Hospital community has sponsored this event, keeping alive the memory of Rick Sylvia, a Taunton State Hospital employee, who sacrificed his life to save a teenage boy who nearly drowned in a Taunton pond. *(pictured above is Taunton State Hospital trustee Carolyn Lazaris and her granddaughter)*



Runners and walkers coursed through the grounds of Taunton State Hospital during a time of year when the area is especially beautiful with the changing, colorful foliage. The Run for Ricky allows the community to learn out about the hospital and eliminate the stigma often associated with it.

John Brennan, president of the Taunton State Hospital Board of Trustees, co-sponsors of the event along with the Friends of Taunton State Hospital, thanked the crowd for turning out. He announced that \$30,000 in scholarship money raised from the race has been distributed to staff and their children who continue their education after high school. Local businesses, through sponsorship, help this happen every year.

Roberta Guez, Taunton State Hospital Chief Operating Officer, also gave brief remarks and thanked the many patients, staff and community volunteers who help make every Run for Ricky such a success. Marcia MacInnis, Hospital Quality Assurance Manager, served as event emcee, thanking the runners and walkers and the many winners of the giant raffle. Medals were presented to winners in the 18 and under and the over 65 categories.

Runners from the Southeastern Area Office Brockton Multi

- resource development for culturally and linguistically appropriate mental health/substance abuse services

Massachusetts is home to the nation's second largest Brazilian community, accounting for 17 percent of the total Brazilian population in the country. The town of Framingham has a large and diverse population with Hispanic/Latino individuals accounting for 11 percent of the population, and Brazilians another 5 percent (2000 U.S. Census). These figures, however, do not take into account the large number of undocumented individuals, particularly those from Brazil, whose community estimates are anywhere from 12,000 to 30,000 or 18 to 40 percent of the town's population.

The impact of Latinos and Brazilians on the town of Framingham is clearly visible. In the local school system, Portuguese represents 46 percent of the languages spoken by students whose primary language is not English. Spanish represents another 44 percent of primary language spoken. At the Framingham Community Health Center, a quarter of the patients are Latino and more than half are Brazilians, according to the center's medical director Janet Yardley, M.D. Similarly, at the MetroWest Medical Center in Framingham, the highest number of interpreter requests in 2007 were for Portuguese (11,497) and Spanish (6,764).

DMH will be involved in this project through the participation of Cathy Neidich, Clinical Social Worker, who represents the DMH Area Office on the Task Force, and Joy Connell, from the DMH Office of Multicultural Affairs, who participates on the Project

Service Center took the Director's Cup for the second year in a row (The team pictured left to right: Keith Palmer, Child Program



Coordinator; Clyde Godfrey, Director of Child and Adolescent Clinical Management; Mark Bilton, Area Housing Coordinator; and Peter Evers, Southeastern Area Director) Every year, DMH facilities

enter the annual race with organized teams and have a friendly competition among them. For more information about the annual Run for Ricky, contact Sandy Epstein, Taunton State Hospital volunteer coordinator, at 508-977-3127.

Conferences and Events

November 8 **[An Evening for Tunefoolery](#)** from 7:30-10 p.m., Karma Yoga Studio, 1120 Mass Ave, Boston, \$20/person, RSVP to Jens Rybo at jrybo@tunefoolery.org or 617-276-5964

November 13 **Center Club's 49th Annual Open House** from 1-4 p.m., 31 Bowker Street, Boston, 617788-1000

March 1-4, 2009 **22nd Annual Research Conference** hosted by the Research and Training Center for Children's Mental Health, Tampa, FL

Articles of Interest

[Panel Calls for Vaccine for Adult Smokers](#) Associated Press

[White Women Push Suicide Rate Higher](#) WCTB-TV

[Magnetic Pulses Could Fight Depression](#) WCTB-TV

[Tackling the issue of Mental Health Care for Children](#) by Liz Mineo, Framingham TAB

[Boomers' Life Changes Can Start Depression](#) by Darlene Dunn, WCVB-TV

[Angst Is Rising, but Many Must Forgo Therapy](#) by Elizabeth Bernstein, Wall Street Journal

[Are Bad Times Healthy?](#) by Tara Parker-Pope, New York Times

Advisory Council.



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